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Free meals for new parents under new Health Trust plan

As any new parent knows, the first week at home with a newborn can be exhausting and exhilarating at the same time. Keeping fuelled with healthy, wholesome meals can be difficult in the midst of nappy changes and lack of sleep.

That's one of the drivers behind a new initiative just launched by the Helensville District Health Trust. The project, named Te Kete Whāngai o Kaipara, is about providing nourishment to families in those early days.

The intention is for every local family leaving the Helensville Birthing Centre to be given three free frozen meals - enough for two adults per serving. That could mean around 410 meals for 140 South Kaipara families with newborns each year.

"This is a relatively small act of goodwill that we hope will help ease the pressure on new parents and allow them to enjoy those precious first days with their baby just a little bit more," says Helensville Birthing Centre manager Michelle Nasey.

Health Trust manager Nicola Keen-Biggelaar is excited by the project's potential.

"While we're starting with new families, once we're up and running we'll expand the service to include the elderly, the unwell and families in crisis."

The meals, including lasagne, macaroni and cheese, and a vegetarian soup, will be created during day-long cook-a-thons by volunteers led by the kitchen team at Te Whare Oranga o Parakai, the community facility owned by the Health Trust.

The Trust is asking the community for help to get the idea off the ground, with a call for donations and a crowdfunding appeal being launched through GiveALittle.

"Each meal costs just over \$7, and I know there are many people in our community who would like to make a difference," says Nicola. "This is a really easy way to give a young family a better start on their parenting journey."

The Trust hopes to raise \$2000 to get the first Cook-a-thon in early December off the ground.

Donations can be made online by visiting GiveALittle.co.nz and searching for Te Kete Whāngai o Kaipara.

Local schools winners when Blue Light Mini Trek calls in



• From left: Trevor Crowther, Elyse Hannay and Sam Hayfield

Three local schools were given cash grants, plus bicycles for children in need, when the annual Blue Light Mini Trek called by in late October.

The Trek is a smaller, three-day version of the annual week-long Trillian Trek, formerly known as the Variety Bash. The events are colourful, non-competitive charity car rallies that provide help and raise money for Kiwi children.

This year's Mini Trek started at Royal Road School in Massey, heading up to Omapere on the Hokianga before finishing at Snells Beach.

And taking part this year were two young Parakai friends, Elyse Hannay and Sam Hayfield, who with Elyse's father Trevor Crowther were driving an original 1989 Police Mitsubishi V3000. This was Trevor's 27th year participating in the treks. Elyse's son Austin goes to Parakai School, and Sam is a teacher at Kaukapakapa Preschool.

Theirs was just one of 25 vehicles (and 70 participants) who called in first at Woodhill School, then Parakai and finally Kaukapakapa schools on their way north.

Woodhill was presented with two new BMX bikes, and a \$500 grant to go towards the school camp. Parakai School got a \$2500 grant which will be used for electronic books for the whole school, plus two BMX bikes as well, and trek members took part in a gardening working bee. Kaukapakapa School received three bikes plus a \$500 school camp grant.

Entrants pay \$450 to take part in the event; the main Trillian Trek has an entry fee of \$5000.

Inside...

- Christmas Festival update ... 2
- Arts in the Ville ... 4, 5, 12
- CWI, Lions book fair ... 6
- Roles changing at med centre ... 7
- Here comes the bride ... 10
- Local farm opens to public ... 10

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Former pupil, current teacher

Rebecca Godfrey was one of the children who attended Sunny Days Preschool when it first opened in 1988.

She has gone on to become the preschool's longest-serving (and current) staff member with 17 years as a teacher at the Commercial Road preschool - and she was given the honour of cutting the cake at the recent 30th birthday celebrations.

Sunny Days' 30th birthday celebration on Saturday, October 13 was a great success, says administrator Leesa Shultz.

"It was great to see some previous teachers visit on the day," she says, "and we also received a recording of the founding members celebrating the preschool's fifth birthday celebration from 1993."

Racheal Timoti played rhythm and blues, and Leesa says it was "such a nice family community gathering".



• Rebecca cuts the birthday cake

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Christmas festival update

The call is out for local businesses and organisations to enter a float in the town's annual Christmas parade, on Saturday, December 8.

The parade, part of the wider Christmas Festival, is one of Helensville's biggest events.

The festival's popular bike decorating competition is being expanded this year to include prams, push chairs and buggies, plus mobility scooters - so locals of all ages should think about entering.

As with every year, there's a need to volunteers to cover a range of roles between 8am and 4pm on the day. Organiser Holly Southernwood says even half an hour's help can be useful.

Entry forms for the parade and bike competition, and volunteer registration forms, are available by emailing: helchrisfest@gmail.com, phoning 021 488 427, or from Helensville Library, CAB, or Helensville Copy & Print.

There will be more detailed coverage of what to expect at this year's Christmas Festival in next month's *Helensville News*, but there will be entertainment including a bouncy castle and face painting in Creek Lane from 9.30am, and Santa available for photos at the RSA from the same time.

The parade will end at Helensville Museum where there will be entertainment,

food, face painting, a bouncy castle, Santa from 1pm, and the Harcourts lolly scramble at 2pm. Tours of the museum will be available.

Ben Lummis will again perform and MC the afternoon's entertainment, which will include Troy Kingi, recent 'best song' finalist at the Silver Scroll awards; Auckland group Village 90; and husband and wife classical guitar and cello duo Heartstrings. Other entertainers will add to the variety, including a 3pm kapa haka performance by local Kahurangi ki Kaipara.

Adults can join in colouring fun this year

Adults will be able to enter this year's Christmas colouring competition for the first time. Being organised by South Kaipara Rotary, the expanded competition will have classes for all ages - preschool, 5-8, 9-12, 13-18, and 19+.

Children will receive prizes of Paper Plus Select vouchers, and teens and adults vouchers from Helensville Unichem Pharmacy. Prizes will be given out at the Helensville Christmas Festival concert at the Museum on the afternoon of December 8.

Entry forms will be available at schools, Helensville Library, or by emailing: southkaipararotary@gmail.com.

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Some visitors can be real pigs!



Doc Roy (above), aged 91, is thrilled to meet a cute kunekune piglet during a visit to Craigweil Rest Home by Charlette Lane from PetsAssisting Therapy.

Charlotte's business is a mobile animal therapy company, which takes animals to visit people at Auckland rest homes, birthday parties and events, giving people the chance to interact with them. As well as the kunekune, she took some rabbits to Craigweil, in Parakai, during her most recent visit.

"Some residents reminisced about the trials and tribulations of their farming pasts, looking after animals, as well as the satisfactions," says Craigweil's business development manager, Beau Henriksen. "They were thrilled to see and play with such cute animals."

Craigweil House activities co-ordinator Liesel van Schalkwyk says the success of Charlotte's visits doesn't just lie with the cuteness of the animals she brings, but in her ability to ensure the time a resident spends with the animals is meaningful.

Wacky Wheelbarrow Waces

Whacky Racers are coming to Kaukapakapa - at least, whacky wheelbarrow races are.

Julie and Brett Peachey of Shark 'n' Tatties have organised the first 'Cow Cop Whacky Wheelbarrow Wace' at the Kaukapakapa Pony Club grounds in Henly Road on Sunday, December 2, starting 1pm.

But there's one catch - entrants have to make their own wheelbarrow. No store-bought barrows will be allowed. The only

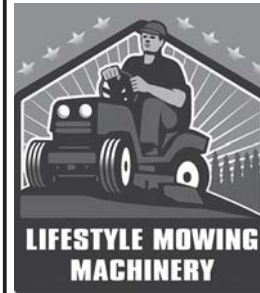
rules are it must have just one wheel, and be safe.

Competitors will race in teams of two, a pusher and a rider, who will swap roles at the half-way mark. As well as an all-comers class there will be one for over-50s. The afternoon will include games, live music, stalls, entertainment, food and drinks.

Entry forms and full conditions are available from the Shark 'n' Tatties store in Kaukapakapa.

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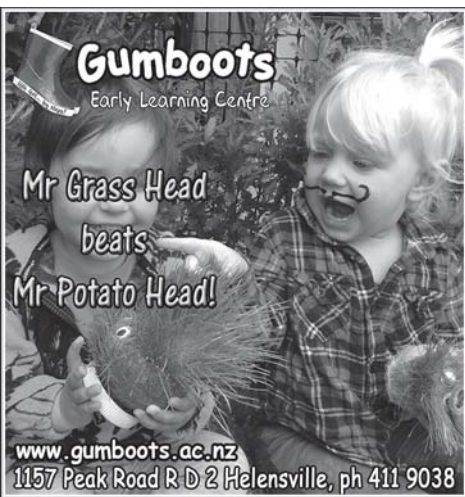
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Record numbers visit art festival

Visitor numbers to this year's three-day Arts in the Ville festival were up by a third on last year, with more than 1500 people visiting.

"It was very successful," says co-organiser Kura Geere-Watson, who estimates 40 percent of the visitors to the Labour Weekend event were from out of town.

Most of the 50 artists who took part, either opening their studios to the public or exhibiting at one of the event's other venues around Helensville, made good sales.

Particularly popular was the inaugural Hat Walk, held in the War Memorial Hall on the Monday morning. Organised by Myra Lloyd of Marmalade Hats - who also had her workshop open for the weekend - more than 150 people took part in the fun.

Another big draw card was the Letter Hunt, a joint venture between the Helensville Arts Centre, Arts in the Ville and local sculptor Jeff Thomson. Jeff made and hid 26 letters around Commercial Road, and visitors had to fill in a form giving their correct locations.

Helensville Primary student Abigail George, from South Head, won the large corrugated and screen printed 'Mahoe Leaf' sculpture donated by Jeff for the competition.

"The leaf was much bigger than her!" exclaimed Jeff.

178 correct entries were received, and because of the unexpectedly large number of entries, on the spur of the moment Jeff



• Jeff Thomson with Letter Hunt winner Abigail George and her brother Daniel

drawed out two additional runner-up winners, who each received smaller versions of the mahoe leaf sculpture.

Those winners were Freya Monk from Warkworth, and Lucy Okach from Mt Wellington.

Local businesses, especially the cafes which were open all three days, were kept busy all weekend.

"There was a great vibe around the town," says Kura.

Expect phone calls for directory

If you get a phone call from the Helensville Lions Club this month, don't hang up!

The club is preparing its 2019 Local Telephone Directory, and club members will be phoning locals who have yet to return the listing information form which appeared in the current directory. Yellow Directories no longer supplies the club with listings, and the club cannot reprint listings in the existing directory without approval.

So, the club will be phoning everyone who hasn't already responded, asking if they want to be in the directory, and to confirm their details - name, address, and telephone number(s). Mobile numbers can now also be included in the directory if wanted.

"Please accept these calls from Lions members as a genuine attempt to provide an accurate local phone directory," says Helensville Lions Club vice president Dennis Cummings.

The directory is a free service for the local community, paid for by advertising and is a major source of revenue for Lions.

New or previously unlisted residents who would like to be in the directory can email their listing information to the club at: helensvilledirectory@gmail.com.

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Art auction raises \$11,000

The Art For A Cause fundraising auction which kickstarted Arts In The Ville over Labour Weekend raised more than \$11,000 for the Helensville Women and Family Centre (HWFC).

More than 100 people enjoyed an evening of art, food and music on Friday, October 19 as 20 pieces of art went under the hammer, with auctioneer Kerry Greenhalgh working the crowd to keep the bids coming and the punters entertained.

The money raised will help fund the HWFC's ongoing programmes including family support, Pathfinders for children who've experienced trauma, and subsidised counselling for those in need.

Auction organiser and HWFC board member, Rochelle Gillespie says the evening was a great showcase not only of the talented artists in our area, but also of the vital work the centre has been doing in our

community for the last 25 years.

"We are so grateful to everyone who contributed, either by donating artworks, goods or vouchers, or who volunteered on the night - and of course to those who came



• Kerry Greenhalgh auctioning 'Level' by local artist Kiri Abraham
- Photo: Stellanova Photography

and dug deep to bid on the art," she says.

The auction included pieces by Jeff Thomson, Arwen Flowers, Leda Daniel and Jayne Thomas among others. Prices ranged from \$165 to a high of \$2500 for a piece by Deborah Moss of Wainui.



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Women's Institute forming new group

Helensville's Women's Institute celebrated the first national Women's Institute Awareness Week recently.



• Helensville Women's Institute president Hilda Reaves demonstrates butter making

The 15-strong local group ran displays in the windows of the CAB and Copy & Print in Commercial Road, and left 'Lonely Bouquets' of flowers around town to brighten people's day - much to the delight of the recipients, says Auckland West Federation Women's Institute executive committee member Anne Coppell.

Members also turned up at Helensville Library as part of its holiday programme, teaching children and adults how to make peg dolls, churn butter (thanks to the loan of a churn by Helensville Museum), knit, and crochet.

Following on from the Awareness Week, Helensville Women's Institute now wants to start a 'Night Circle' for local women to make new friends, share or learn skills, and help the community. Meeting days, times, and venue will be confirmed once sufficient interest has been shown.

Anyone interested in joining should email the Auckland West Federation of the Women's at: awfcwi@gmail.com.

The Women's Institute is the largest women's organisation in New Zealand, started in 1921.

Books for Christmas anyone?

The annual Helensville Lions Club Christmas Book Fair will be held over the weekend of November 24 and 25.

The club's twice-yearly book fairs have become must-go events for many locals. The autumn fair held in May raised just shy of \$9000 - money which will be used in our local community.

The Christmas Fair, in the Helensville War Memorial Hall, will be open 9am to 4pm on Saturday, November 24, and from 10am to 3pm on Sunday 25.

By now most locals know the drill - rather than having to wade through thousands of unsorted books as with most fairs, the books are all pre-sorted.

Non-fiction will be in 20 categories covering everything from animals to wine, plus a dedicated New Zealand section.

Fiction will be arranged alphabetically with six special interest groups, the largest of which is fantasy. There will also be a

separate children's section for all ages.

Prices will be \$1 for paperbacks, \$2 for hardbacks and just 50c for children's books.

There will also be a selection of jigsaws, board games, puzzles, LPs, DVDs, CDs and quality magazines for sale.

Locals with books they want to donate to the fair can leave smaller quantities at Helensville Copy & Print, or phone Chris Clark on 420 8527 for larger amounts.



• Locals in their hundreds turn out for the fairs

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Goodbye to 'look but don't touch'

Don't touch!" is a familiar cry from parents to their children, especially when surrounded by works of art.

But touching is exactly what people are being encouraged to do this month at Helensville Art Centre - at least for part of its current art exhibition.

The centre is running an exhibition until November 24 dedicated to showcasing the artistic gifts of those outside of society's mainstream, such as those with mental health issues and physical or learning disabilities.

As part of the exhibition there is a 'tactile art room' where people are allowed to touch the art works. That makes them accessible to the blind, and also to children who would normally have to keep their fingers in check - thus making it a popular exhibition for parents, too.

Among the artists on show will be Thomas Hogan, a prolific artist who has one-on-one weekly painting sessions at the Art Centre, and Kevin Widdowson, whose 'Rainey Daze' painting saw him invited to Wellington as a finalist in the IHC Art Awards.

The exhibition, in the Helensville Art Centre beneath the Helensville Hall, runs until

November 24 and is open Tuesday to Friday 10am-4.30pm, and Saturday 10am-2pm. Visitors can vote for their favourite artwork.



• Kevin Widdowson with his painting 'Rainey Daze'

Senior role changes at Medical Centre

Kaipara Medical Centre is doing away with two key part-time management positions and appointing a single new Practice Manager to replace them.

Now the search is on to fill the new role.

Following an external review of the centre, which identified the need for a full-time manager to oversee the operation of Helensville's busy GP clinic, the existing business manager and administration manager roles are being 'disestablished'.

Kaipara Medical Centre board chairman Dianne Kidd says with so much growth in the northwest Rodney area it's important the centre is able to expand and cater to its diverse population.

"Our new practice manager will be someone with sound management experience, the enthusiasm and confidence to seek out new business opportunities, and the ability to establish our reputation as a leading provider of health to a largely rural community," says Dianne.

A recent health needs assessment report found the South Kaipara has an ageing population, although many more young families are moving to the area. The demographics are now 20 percent Māori, including the five marae of Ngāti Whātua o Kaipara.

The change means two part-time roles will be done away with, those of business manager Richard Reid and the centre's

administration manager, John Issott.

Dianne says "both men are well known to our patients and we are immensely grateful for their years of dedicated and committed service to the health of our community."

John has worked for the Kaipara Medical Centre for 13 years. He will continue his long-standing commitment to local health through his other part-time role as administration manager for the Helensville District Health Trust, and his many years of volunteer service with the local St John Ambulance Area Committee.

Richard will remain a familiar face at the centre while the transition to the new practice manager is completed.

Dianne says the growth of the local GP service has been significant over the years, from a sole-charge rural doctor around 50 years ago, to today's large medical practice with eight doctors and 16 other nursing and support staff servicing more than 6000 registered patients.

She says one of the rewards of the new job will be raising the health of the South Kaipara community, especially for Māori and other ethnic minorities.

Meanwhile, plans to build a pharmaceutical dispensary inside the medical centre building have been put on hold until the practice manager role is filled.

Applications for the new position close in the middle of November.

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: Dentists aim for caring, gentle service

Loyal patients travel from as far away as Kuwait, Australia, and all over New Zealand for their once a year dental treatments at Helensville Dental Centre.

Helensville Dentists practice manager and co-owner Sheryl Branchley says the team aims to provide a caring, kind and gentle service. "We understand peoples' fears and try our best to help," she says.

Having lovely, relaxing views over the Kaipara River and the boats moored at the Kaipara Cruising Club from both recently refurbished surgeries, along with ceiling-mounted flat screen televisions, helps too.

Helensville Dental Centre has been a fixture in Commercial Road since 1983.

The long-serving team at the practice consists of two dentists - Dr Jasper Tang, who is joint owner with Sheryl, and Dr Simon Bell. As well as managing the practice, Sheryl also works as a dental assistant, along with Tina Brewer.

Between them they provide Helensville with the latest techniques using the latest materials and equipment. They offer a wide range of

general and cosmetic dentistry including, crowns, bridges, fillings, extractions, root canal therapy, and bleaching. WINZ quotes are welcome, and the centre can provide emergency treatment including for ACC. They also treat high school students up to the age of 18.

The practice is also home each Wednesday morning to dental technician Boris Tinone, who provides the area's only denture service. He visits



> From left: Tina, Jasper, Sheryl and Simon

with patients at the practice, providing advice, repairs and a new denture service.

Sheryl says they also treat a lot of Work & Income NZ patients, referred by WINZ because of the practice's competitive pricing.

: Close team makes owning business easier

In a twist that seems straight out of the movies, the apprentice has become the master...

When Parakai Automotive owner Edin Sahbaz was learning his trade, he worked under experienced mechanic John Boyed. Now, John is part of the close-knit team at the Parakai mechanics business, working for his



> From left: John, Connor and owner Edin

former apprentice.

Edin bought Parakai Automotive two years ago from long-time owners Noel Bodle and David Leach, and it was the first business he had owned. Raised in West Auckland, he had spent the previous two years working in Christchurch on earth moving equipment.

"It's been a bit of a challenge but it's good, I enjoy it," he says of becoming a business owner. "It's a lot easier now, I have a really good team."

As well as John, a local who has 40 years' of experience as a mechanic including a wealth of knowledge about repowering vehicles, especially with V8 engines, that team also includes apprentice Connor Swainston.

Edin nominated Connor for one of 100 MTA scholarships, which that company was offering to mark its centenary. Connor won the scholarship which covers all his study fees, meaning at the end of his three-year apprenticeship he will be a qualified mechanic with no student loan.

Edin is thrilled Parakai Automotive has grown under his stewardship, and says the business is really busy.

Part of the reason for that is that they provide services he says aren't available elsewhere locally. When he purchased the business, he brought along his own fully kitted-out mobile workshop truck, and that's put to good use doing on-site repairs and maintenance on heavy earth moving equipment and farm machinery.

They also do a lot of work on ride-on mowers - work that is in steady supply with the number of lifestyle blocks in the area - and quite a bit of automotive electrical work.

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: Burgers, barrows and birds...

What do fish and chips, wheelbarrow racing, letters, bird rescue, and V8 cars have in common?

The answer is Julie and Brett Peachey of Shark 'n' Tatties in Kaukapakapa, who have been running their popular local takeaway joint for years.

They started out in the old Caltex service station after it closed down (operating then as Kaukapakapa Takeaways), before moving into converted containers beside the local pub. Then, just over two years ago, they moved into their current much more visible main-road location in the converted former veterinary clinic building.

They rebranded as Shark 'n' Tatties at the same time.

The pair are currently organising the town's inaugural 'Whacky Wheelbarrow Wace' to be held on December 2 (see article page 3). It's aimed at being a fun family day, and a way for some local groups to raise some funds.

Barrow racing will be a slower pace for classic car fan Brett, whose hobby is American V8 cars - he owns a 1932 Ford and a 1964 Mustang.

Julie, on the other hand, is known as the local 'bird rescue lady'. She looks after her parrots and a variety of avian 'patients' - hurt or orphaned birds people bring into the store. She quips that each time Brett buys a new car part, she's allowed another bird.

And finally, between them the couple run the local Post Shop from their main road premises.

But it's their takeaway business, which Brett describes as a local meeting place, that occupies most of their time. Julie says they couldn't manage without their three excellent local staff members.

Shark 'n' Tatties only sells fresh fish, and most other food is home-made. They make a range of specialty burgers not available elsewhere, and also offer steamed fish and salad for those after a healthier option.

They also make gluten-free burgers and fries, cooked completely separately, which allows families who have gluten-intolerant



> Julie and Brett try out a barrow for size

members to enjoy a feed of takeaways together - a draw that brings customers up from Auckland.



> Christina Wood in the Liberty Tap Room

: Brewing up a storm

The new Liberty Brewing Tap Room in Mill Road, Helensville is Christina Wood's baby.

She and husband Joe run the multiple award winning Liberty Brewing Co across road, and when the property now occupied by the Tap Room came up for lease, Christina says they couldn't miss the chance.

Joe, who Christina describes as "a genius" when it comes to brewing, began making home brew after leaving college. After moving to Taranaki for Joe's work, they purchased a home brew supply business in 2009, and began brewing under their own label 18 months later.

When the couple returned to Helensville in 2013 they brought the business with them and haven't looked back. Liberty Brewing Co now employs six other full time workers, and has won "countless" awards, says Christina. It's beers, with quirky names like Yakima Monster, Knife Party, The Kush and Hopitical Illusion, are sold in most major supermarkets and alcohol outlets nationwide.

Christina says their point of difference with other craft breweries is their consistency and quality - keeping processes the same means each batch is the same as the last, meaning customers always know what they are getting.

The Liberty Brewing Tap Room is their latest venture, open just two months, and gives people the chance to try 100ml samples. There are 10 taps, and the varieties rotate according to what's available at the time from the brewery. Customers can buy plastic or stylish custom-made stainless steel flagons and refill them at the Tap Room. Food is supplied by Kaipara Fresh Fish & Takeaways, two doors along.

The Tap Room is open 2pm to 7pm on Fridays, midday to 6pm on Saturday and 2pm to 6pm on Sundays, and Christina expects it to open on Thursday soon as well.

Being self-employed to have time with their kids - son Jackson (8) and daughter Poppy (9) both go to Helensville Primary - was a big driver in running their own brewery, says Christina.

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Here comes the bride...

A mini wedding expo will be held in Kaukapakapa later this month.

Called 'Your Country Wedding', the event on Sunday, November 18 is being hosted by the historic Kaukapakapa Library, and aims to promote the Kaukapakapa area as a venue for weddings.

"We have two beautiful little churches, both built in 1880, which would be perfect for a country wedding," says event organiser Megan Paterson.

Saint Cuthbert's Presbyterian Church in North Crescent and All Saints Church on the corner of Peak Road, both of which were built in 1880, will be open on the day from 10am to 1pm. While they won't be fully decked out for the day, there will be flowers and music playing inside, and some decorations outside.

Other venues participating in the event include Mataia Homestead, Makarau Hall and Waterfall Farm.

As well as the 'centrepiece' of the churches being open to view, visitors to the library, which opens in conjunction with the regular Kaukapakapa market from 9am to 1pm, will be able to meet wedding stylist Renee Harris and learn about other services available locally, such as venues, cars, celebrants, floral arrangements, and photographers.

A number of classic cars, adorned with wedding ribbons, will be on display at the churches and around Kaukapakapa.

The whole 'expo' has been put together on a voluntary basis.

"The hope is that the churches will get some more use," says Megan, "and that we can build a network of local people to truly create the country wedding of anyone's dreams."



• A historic Kaukapakapa wedding

Although a relative newcomer to the area, Megan loves Kaukapakapa's heritage.

With friend Sarah Legg she was instrumental in the revival of the town's defunct 1911 library. She was also behind the restoration of the town's Second World War memorial, and helped prevent the sale of Saint Cuthbert's.

Thinking about the historical richness of both churches led Megan to the idea of opening them to the public with the Your Country Wedding theme as the draw card.

"If you are in the market for wedding ideas, come and see what's on offer in the country," she says.

"Even if you're already married and not planning a repeat, Your Country Wedding will be of great interest for the chance of seeing some of Kaukapakapa's history come alive," she adds.

More details of Your Country Wedding are on the Kaukapakapa Library Facebook page.

For more information contact Megan Paterson, phone 021 95901 or email: threehorses@xtra.co.nz

Local farm visit part of Fonterra open days

Helensville's Scott and Sue Narbey will have their farm open to the public in a few days' time as part of a nationwide campaign to educate people about healthy waterways.

It follows a hugely successful first open day last year for the Narbeys, who had 468 people visit their farm on the inaugural Fonterra Open Gates day.

Sue says most of those visitors were from Auckland and the surrounding areas, with a few locals.

"The feedback was very positive and everyone loved the chance to see cows and a cowshed," says Sue. "The understanding of how complex farming has become, and how technical a lot of the aspects are, was a fascination for most visitors."

This year's free event, on Sunday, November 11 from 11am to 3pm, will roughly follow the format of last year, but with more interactive activities for children, such as games and gumboot throwing.

There will also be free Fonterra products to sample, including a special ice cream

flavour created just for the Open Gates day, as well as cheeses and yoghurts.

The Narbeys will be providing trailer rides, a milking demonstration, and a calf feeding demonstration.

Fifteen farms are taking part around the country, with the aim to give people a fun day on the farm, see where milk comes from, and learn about what dairy farmers are doing to protect the country's waterways - things such as planting, fencing to keep cows out of the water, and managing nitrogen runoff. It's a chance to talk first hand with farmers, walk around their farms and see what they're doing to care for the environment and their animals.

Scott and Sue's 155ha, 405 cow farm near Helensville has been in their family since 1920, and their children Bella and Ollie are the fifth generation to live and farm there. Scott and Sue won the Supreme Award at the 2017 Auckland Ballance Farm Environment Awards.

People wanting to visit the farm must pre-register online at: www.opengates.co.nz.

Major price drop at Parakai Four Square

Parakai Four Square has grown to the stage where it has now introduced the lowest level of pricing available to the stores in the chain.

Sales at the supermarket have grown by about 40 percent in the two and a half years since owner Dan Dale took over, and he says the new move to the lowest pricing level means the key 500 or so products in-store are now within five percent price-wise of those at New World supermarkets, which like Four Square and Pack'nSave is owned by parent company Foodstuffs.

Dan says prices on those every-day products are now 15 to 20 percent cheaper than when he purchased the business.

To verify the price drop, Dan went to Countdown with regular Four Square shopper Ann to compare prices. On the same basket of 20 items, Four Square was 18% cheaper. Most of the items at Four Square were on everyday special pricing - like 185g tuna, 3 for \$5 (full item list available on Four Square Parakai Facebook page).

The higher volume of sales going through the Parakai supermarket have enabled better buying power, and Dan is hoping the reduced pricing will increase sales further. "I would like to keep growing [sales] in double digits for the next year or two," he says.

He believes the new pricing will enable the store to win more local shoppers and be a viable alternative to Helensville's Countdown. Four Square Parakai stocks a number of products not available elsewhere locally, including items as diverse as specialty beers, a New Zealand produced nappy range, and sushi ingredients like pickled ginger, plus a range of gluten-free and vegan items.

Meat is another area where the supermarket offers a point of difference, with all meat sold being either organic or sustainably produced.

While the majority of Four Square Parakai's customers come from either Parakai or Shelly Beach and

South Head, Dan says they have a number of customers from Helensville who come because they like the personal service and small shop experience.

"The staff are so good and friendly - I always come here."

-Regular customer Floyd Pilkington, Parakai

\$100k of new refrigeration

Four Square Parakai has invested in more than \$100,000 worth of new refrigeration in the past few weeks. Newly installed, they provide a classier and more reliable home for the supermarket's meat, chilled goods and beer, along with a new ambient temperature display for fresh produce.

Owner Dan Dale says the 20-year-old previous chillers were costing a lot to maintain, and it was "worth spending the money to make sure our food is optimum quality".



Dan Dale with almost-3-year-old Henry, beside the new fridges

Store takes top retail award

Winning the Retail Category in the recent 2018 NorthWest Country Business of the Year awards proves Parakai Four Square and Cafe is doing something right.

The store took out the top prize against competition from businesses in Helensville, Parakai, Kaukapakapa, Waimauku, Huapai, Kumeu and Riverhead. To cap off the local success, Helensville florist Love Flowers was Highly Commended.

Owner Dan Dale says businesses were nominated by staff and customers. The top entries were then subjected to a mystery shop, public voting and a written summary by the owners focussing on things like sustainability and community engagement. Awards were given in eight categories, with the Supreme Award going to Parakai's Sky Dive Auckland.

So there is such a thing as a free lunch...

Parakai Four Square is supplying lunches to two local schools - and for each lunch sold, the store donates a sandwich for free.

Parents of children who go to Parakai School can order through the ezlunch.co.nz website five days a week, while Helensville School students can order lunches on two days.

For every lunch ordered, Parakai Four Square donates a free sandwich for the schools to distribute as they see fit - owner Dan Dale says the business is giving away around 200 sandwiches each month.

The supermarket also donates goods such as peanut butter, spaghetti, and milo for Parakai School's Breakfast Club, which feeds up to 60 children three times a week.

**HELP US GIVE
TO CHARITY
THIS CHRISTMAS**

If Parakai Four Square gets 20% more sales in November 2018 than November 2017, we will donate \$1000 of food to the Helensville food bank for Christmas! If we get 25% more sales, we'll donate an additional \$1000 worth of toys to local charity for Christmas.

Give Parakai Four Square a go in November! Shop local this November and help Four Square donate up to \$2000 of food and toys this Christmas.

Scenes from Arts in the Ville 2018



• Painter Leda Daniel in her Commercial Road studio



• Myra Lloyd from Marmalade Hats gave visitors a run-down on her production methods - as well as running the popular 'Hat Walk' on the Monday



• Potter Tom Somerville, aka Muddy Fingers, had a successful weekend along with other artists in the Helensville War Memorial Hall



• This is 'Spirit', one of Karen St John's 'The Lost Theatre' works



• Nick Roberts (left) and John Gillespie entertain in the Whimsical Garden - Photo: Stellanova Photography



• Visitors check out works in the 'emerging artists' popup gallery

Poker Run on again

Money raised by this month's 5 Station Poker Run will go to the Shelly Beach Fire Station. The annual charity bike ride, this year on Sunday, November 25, is expected to attract up to 150 motorcycles and usually raises between \$5000 and \$6000.

Held since 2006, the run is shared between the Helensville, Kaukapakapa, Kumeu, Muriwai and Shelly Beach fire stations. The five volunteer fire brigades involved in the Poker Run all work together on fire calls around the district, and the run is a way for members to get together in a social way, while raising funds at the same time.

This year the bikes will leave Shelly Beach at 10am following a cooked breakfast, arriving first at Helensville Station around 10.20am. They will leave 20 minutes later and ride to Kaukapakapa Station, then carry on to Kumeu and Muriwai stations before returning to Shelly Beach at around 2pm. The motorcycles will be on show for around 15 minutes at each station.

At each stop the riders will go in the draw for a playing card. At the end of the ride, the entrant with the best poker hand from the five drawn cards wins the major prize, valued at \$500. There will be other prizes as well, plus entertainment.

Motorcyclists wanting to take part can purchase tickets online up until November 21 at www.5stationpokerrun.co.nz.

Local lad wins gold at games

Year 8 Helensville Primary School student George Pilkington (in action below) won the individual yachting competition at the recent AIMS Games in Tauranga.

After three successful days of racing in his Optimist class yacht, George (12) took out gold in his Year 8 division, and then went on to win the overall gold for the whole regatta, beating 76 other competitors.



The annual AIMS Games give 11 to 13 year olds an opportunity to compete as individuals or in teams against the best of their age group in 20 different sports. As well as more traditional sports like netball, swimming, rugby sevens and squash, the competition also covers the likes of BMX, rock climbing, canoe slalom and gymnastics.

This year more than 10,000 competitors representing 320 schools from throughout New Zealand, Australia, Tonga and the Cook Islands took part.

Community dinners

Whether you are new to the area or have lived here a long time, everyone is invited to the fortnightly community dinners held at the Helensville Christian Life Centre, 118 Commercial Rd, Helensville. Starts 6:30pm. For more information phone Niki Greendale 027 205 9573.

making the difference

Is there someone special who has done something that's made a difference for you, your family or our town? To nominate someone, write to: Nicky Horsbrough, Harcourts Helensville, 37 Commercial Road, Helensville 0800 or fill out the form online at: <http://nickyhorsbrough.harcourts.co.nz>. The lucky recipient will receive a \$100 voucher for a local business of their choice.

Our November recipient is Christina Norton, who has chosen a \$100 voucher for use at Countdown Helensville.

Christina was nominated by her mother, Tina:

"I would love to nominate my daughter Christina for her huge effort in starting a group, Muriwai Beach Clean-ups, and gathering volunteers to keep Muriwai beach rubbish free, as well as protecting our marine and wildlife. Every four to six weeks she organises to meet up with anyone interested at the cut-out armed with gloves, sacks and fresh baking, to help clean a large stretch of the beach. She also brings a trailer to put rubbish in which at the end of the day is always overflowing, and arranges for its disposal. At the end of the day she supplies a barbeque to thank all that have helped. She does all this at her own expense and as yet has been unable to find anyone to donate sausages. Some lovely people have helped supply gloves, drink bottles and biodegradable bags. Being a young mum and only working part-time I think she is an incredible young lady who deserves some recognition. I'm a very proud mum indeed."



• Christina (right) receives her voucher from Nicky Horsbrough



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- Financial Hub providing financial management to community organisations

Helensville Birthing Centre

- 100% owned by HDHT
- 65 births and 460 post-natal stays per year
- Ongoing community support

Kaipara Medical Centre

- HDHT has 50% shareholding in local GP clinic
- Eight GPs + 16 nursing and support staff
- 6300 enrolled patients

Te Whare Oranga ō Parakai

- 100% owned by HDHT
- Community-orientated facility
- Rooms for hire
- Kitchen runs Kaipara College tuck shop
- Hub for learning and well-being

Calling all clubs & local groups...

In 2015, *Helensville News* produced a special issue listing all the voluntary organisations, community groups, and local clubs in our area.

It was a very popular publication, and we will be producing an updated version of it next year, for our June 2019 issue. It will closely follow the format of our previous edition, with organisations and clubs grouped into three main categories:

- Community & Service Groups
- Clubs & General Interest Groups
- Sports & Fitness Clubs/Groups.

Now we need YOU to tell us about your group. It's a great chance to boost the profile of your club or group, and maybe increase your membership. Many people new to the area may not even know your organisation exists.

Many organisations will already have been listed in our 2015 special issue, so the first thing you should do is check to see by visiting: www.helensvilleneews.co.nz/groups. There's a link to that issue at the top of the page.

If you do already have a listing but it needs updating, either complete the online form on that page, or email us at: dave@helensvilleneews.co.nz with your changes.

Please try to provide as much information as possible - things like what the organisation/club does, membership numbers, how long it's been running, and when meetings or events are held. The more information you provide us with, the better your listing will be.

If email isn't an option, feel free to phone us on 420 7215.

We'll be giving out further reminders in upcoming issues, and will print a questionnaire closer to the deadline for those who find that option easier.

The final deadline for accepting listings will be Friday, March 29.

\$5000 raised for prostate cancer



A golf tournament at Helensville Golf Club run in conjunction with the Blue September Foundation has raised \$5000 for Prostate Cancer research and awareness.

More than 100 players from clubs as far away as South Auckland took part in the event.

Tournament co-ordinator Phil Norman says he was "overwhelmed by the support of both local businesses and players" and was confident the \$5000 raised would go a long way to assist research for prostate cancer, which affects one in every eight men in New Zealand and was the third most deadly disease nationwide.

Phil urged all men over 55 to talk to their doctor about being tested, which is now done through blood tests and "takes less time to do than it takes to play a single hole of golf".

Poet 'rapper' visits school



• John Carr talking with Helensville Primary students

Kiwi children's author, poet, cartoonist and 'rapper' John Carr (aka J. Doggg, pictured above) visited Helensville Primary School recently for Book Week.

He spoke to the students, entertaining them with his books, silly poems and funny raps, and explaining how he writes his poems and stories, and how he creates cartoons. John is also a comedian, and had students and teachers alike giggling.

His visit inspired inspired pupils to try writing their own poetry and rhyming texts.

A former high school teacher, John has published more than 150 titles over 30 years, both fiction and non-fiction.

Classic cars to Shine in D'Ville

Kaipara Classic Car Club's annual Shine in D'Ville car and motorcycle show will be held on Sunday, November 25 at the Helensville Museum in Mill Road, starting 10am.

The rapidly-growing event will this year feature live music from ACT III, food stalls, and a licensed bar. Entry costs \$5 per car and driver, with the public paying a gold coin donation. All proceeds go to the museum, and last year's show raised more than \$1000.

As in previous years, the public will get to vote for their favourite vehicles in a number of categories, with a prize-giving held on-site at 2pm.



Welcome to the Team...

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local board matters

■ Work starts on new bus services.

The Local Board and a dedicated Auckland Transport team have been working over the last two months to deliver the first projects funded by the new Rodney Transport Targeted Rate.

The first two bus services which we aim to have up and ready in February are a new route from Wellsford to Warkworth and one from Helensville to Silverdale, which will stop at Kaukapakapa and Waitoki.

The Helensville service will be designed to provide a two-way link to Silverdale services or Helensville to city buses.

Auckland Transport is now doing exploratory work on a 'Westgate-Riverhead-Albany' bus service. This would give Riverhead residents a bus service for the first time, not just to the central city, but also to the North Shore. This new service will give residents north of Riverhead an option to link from the Huapai-Helensville service to Albany at the 'Boric corner' bus stop.

In addition to the new bus services, initial planning work on park'n'rides for the Kumeū area is underway. This month the Local Board also resolved to build two new footpaths locally - on Springs Road, Parakai and Arthur Street in Riverhead.

■ Supporting Growth Program.

Last month there were a series of public engagement evening from the 'Supporting

Growth' teams presenting the latest planning around transport for the north and northwest. This is a new joint government/council planning team focused on specific growth areas in Auckland.

The material being made available clearly lays out steps over the next 10 years leading to the release of future urban zoned land in Riverhead and around Huapai (you can find this on the website below).

There is a pathway of work around transport connections which will continue until 2022 when public hearings will be held about the chosen routes. Council will then engage with the community on developing a structure plan in 2025, and following that work can start on the budgets required to complete the infrastructure.

The new 'Future Urban' zoned land will only be released for development after 2028. By then the government and Auckland Council will have completed all the planning and have identified budgets in advance of the next wave of housing.

This is in contrast to what has happened previously, and it's a welcome change to see the council and government cooperating on planning in a timely manner.

Early next year the team will be back out to Kumeū to present information on the light rail service the government is proposing for the area.

There's been a bit of speculation about what is happening and the timing; some of this has been incorrect, leading to confusion in the community.

The best source of accurate information on planning work for our areas is the new website 'www.supportinggrowth.govt.nz' (go to 'North West Auckland').

If you have any questions you can contact the team directly or you're welcome to contact me - phone 021 837 167 or email: phelan.pirrie@aucklandcouncil.govt.nz



- Phelan Pirrie
Deputy Chair, Rodney Local Board

Kids art show

Helensville Art Centre is holds its annual Kids Art Show in December, and is accepting entries from children of all ages. Artworks of any media and size will be accepted.

Works should be delivered with swing tags on a string with the artist's name, age, medium and price. Delivery dates are Saturday, November 24 between 10am and 2pm, and Tuesday, November 27 between 10am and 4.30pm.

The Kids Art Show will run from December 1 to 23, with a Grand Opening on Friday, November 30 from 5pm to 7pm.

For more information phone Pauline on 021 158 6859, or email her at: coordinator@artcentrehelensville.org.nz.



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community tidbits from town and around

COMEDIAN TO HOST QUIZ NIGHT

NZ Irish comedian Alan McElroy will host a 'Crack Up Quiz Night' fundraiser for Kaukapakapa Pony Club on Friday, November 9 in the Kaukapakapa hall.

McElroy won the 'best newcomer' award in the 2011 NZ Comedy Guild Awards, and was nominated in the 'best MC' category in the 2017 awards.

The evening will also feature a DJ playing music, a cash bar, and prizes for the best dressed table.

Ticket cost \$200 for a table of eight which includes the show, disco and food. Doors open at 7pm and show starts at 8pm.

TARRA AGM

Steve Graveson, president of Katikati Open Air Art, will visit Helensville on Wednesday, November 14. He will tour the town in the afternoon, then speak at the annual general meeting of Te Awaroa Residents & Ratepayers at 7.30pm in the Helensville War Memorial Hall meeting room.

Steve is keen to foster murals and other outdoor art such as sculptures, and is keen to have an ongoing connection with Helensville. He will breakfast at The Café from 7.30am on Thursday, November 15 and locals are invited to join him at their own expense.

For more information contact TARRA chair Holly Southernwood, phone 021 488 427 or email: tarrassoc@gmail.com.

NEW NAME'S A SECRET

Helensville Christian Life Centre is changing its name. At this stage the new name is a secret - it will be revealed at a celebration at 2pm on Saturday, November 17 at the centre at 118 Commercial Rd.

Light refreshments will be served after the event and there will be live entertainment.

For more information phone Sharon Forlong on 420 8911.

KAUKAPAKAPA MARKET

Musician of the month at the next Kaukapakapa Market on Sunday, November 18 from 8.30am to 1pm will be wedding singer Michelle Hutchison, performing popular songs from yesterday and today.

Stalls will include spinning, knitting, sewing, quilting, hand made soaps, and hand crafted jewellery, plus locally grown fresh fruit and vegetables, plants, collectibles and car boot sales. The market café will have fresh doughnuts, coffee, bread, cakes and pies and the Helensville Lions will have their sausage sizzle in full swing. There will be free face painting and a Christmas crafts table for the children.

For more information or to book a stall phone Sarah on 027 483 1542 or email: sarah1@maxnet.co.nz.

CASH 'N' CARRY EXHIBITION

Local artists wanting to sell some work - to a maximum value of \$100 per piece - can enter them in Helensville Art Centre's 'Cash & Carry' exhibition, which opens on Friday, November 30.

Artworks should be dropped off at the Art Centre between 10am and 2pm on Saturday, November 25 or 10am to 4.30pm on Tuesday 27. Items cost \$3 each to enter.

For more information phone Pauline on 0 2 1 1 5 8 6 8 5 9, or email: coordinator@artcentrehelensville.org.nz.

HELENSVILLE AGLOW

Helensville Aglow will be next meet at 7.30pm on Friday, December 7 at the Helensville Community Church in Mill Rd. Sandra Weir, advisor to South Auckland Aglow, will be ministering. Email: yvonne@hello.net.nz for more information.

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